



Life with Cancer®

SEPTEMBER 2016

ABOUT LIFE WITH CANCER

Life with Cancer is Northern Virginia's leading cancer education and support organization with programs and services to help patients, survivors and their family members meet the challenges of living with cancer and survivorship. All programs and services are FREE (except massage and psychiatry).

LIFE WITH CANCER CONNECT

A direct link to your support team
703.206.5433

CLASS/GROUP REGISTRATION INFORMATION

- Classes and groups are FREE, but registration is required
- To register go to www.lifewithcancer.org or call 703.698.2526, unless otherwise specified.
- Can't make it to a class or appointment? Please let us know; email Mayra.Zepeda@inova.org or call 703.698.2526.

CALENDAR KEY

Programs and groups are organized by geographic location using the following color key:

- Fairfax, Falls Church
- Fair Oaks
- Loudoun
- Alexandria, Mt. Vernon, Arlington

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INFORMATION & EDUCATION

Film Screening

"Someone You Love: The HPV Epidemic"

●FC, Wed, Sep 28, 6-8:30pm

September is GYN Cancers Awareness Month! Join us for a special film screening of this new, powerful, informative and life-changing documentary that follows five brave women touched by HPV and cervical cancer. Following the film, please join us for a panel discussion moderated by Life with Cancer's Executive Director, Dr. Sage Bolte. Panelists include such experts as Tamika Felder (featured in the film) of Tamika & Friends and, Dr. G. Larry Maxwell, Chair, Department of Obstetrics & Gynecology, Inova Fairfax Hospital. Registration is required. Light refreshments will be served.

Acupuncture in Managing Cancer Side Effects

●FC, Thu, Sep 22, 7-8:30pm

Special guest speaker Colleen Blanchfield, MD, Full Circle Neuropsychiatric Wellness Center will talk about the benefits of acupuncture especially for treatment side effects such as pain, neuropathy, menopause and nausea.

Cancer and Your Cash

●FC, Thu, Sep 15, 7-8:30pm

A cancer diagnosis presents new and unique challenges for individuals and families. Among these challenges, financial issues may be one of the most complex and important. Certified Senior Advisor, Robert Massie of BrightStar Care, will discuss financial issues faced by cancer survivors and show you how advanced planning and the proper use of financial management techniques can help. Please register by 9/13.

Strategies for Improving "Chemobrain"

●FC, Thu, Sep 29-Oct 20, 10:30am-12pm

Understand the cognitive consequences of cancer treatment as well as the impact of co-existing factors and learn strategies

to mitigate the impact that can accompany cognitive decline. Participation requires attendance at all four sessions. Co-facilitated by a psychiatrist, oncology therapists and oncology nurse navigator.

Understanding Pain and an Alternative to High Potency Opioids

● 44084 RP, Tue, Sep 20, 6:30-8pm

Dr. Michael Byas-Smith, Medical Director of The Capital Caring Adler Center and Center for Pain and Palliative Care, will discuss interventions performed to reduce the intake of oral opioids and the advantage of interventional blocks for reduction of side effects of oral medication such as drowsiness, dizziness and constipation. Registration is required by 9/16.

Mindfulness-Based Cancer Recovery (MBCR) Program for Women in Maintenance or Recently Out of Treatment

●FC, Tue, Oct 4-Nov 8*, 1-2:30pm

*Mandatory meeting Sep. 20, 1-2pm

Learn to use proven MBCR skills during your healing and recovery, boost your immune function through meditation and healing yoga; calm feelings of fear, uncertainty, and lack of control; and discover your own capacity for healing and thriving after adversity. *See online calendar for important details. To register call Rebecca McIntyre at 703-698-2524. There is no online registration for this class.*

Save the Date

Breast Cancer Symposium

Saturday, October 1

8:30-1pm

Inova Center for Personalized Health

3225 Gallows Road

Fairfax, VA 22037

Details to come!

Location Key

- **44084 RP:** 44084 Riverside Parkway, Ste 400, Lower Level, Leesburg, VA, 20176
- **AFC:** Arlington Free Clinic, 2921 11th St S, Arlington, VA, 22204
- **CUMC-1:** Christ United Methodist Church, 7600 Ox Rd., Fairfax Station, VA, 22039
- **FC:** Life with Cancer Family Center, 8411 Pennell Street, Fairfax, VA, 22031-4505 www.lifewithcancer.org
- **FO-AUD:** Fair Oaks Cancer Center Auditorium, 3580 Joseph Siewick Drive, LL, Fairfax, VA, 22033
- **FO-LWC:** Fair Oaks Cancer Center, Life with Cancer Suite, Lower Level, Suite 005, 3580 Joseph Siewick Drive, Fairfax, VA, 22033
- **FO-RO** Fair Oaks Cancer Center, Radiation Oncology, Lower Level, Suite 001, 3580 Joseph Siewick Drive, Fairfax, VA, 22033
- **GSG** Green Spring Gardens, 4603 Green Spring Road, Alexandria, VA, 22312
- **IAH-CCC:** Inova Alexandria Hospital-Cancer Center Conference Room, 4320 Seminary Road, Alexandria, VA
- **IAH-CCW:** Inova Alexandria Hospital Cancer Center Waiting Room, 4320 Seminary Road, Alexandria, VA, 22304
- **ILH-PER :** Inova Loudoun Hospital Patient Education Room, 44045 Riverside Parkway, Leesburg, VA, 20176
- **ILH-R :** Inova Loudoun Hospital Radiation Oncology Center, 44035 Riverside Parkway, Ste 100, Leesburg, VA, 20176
- **IMVH-CC:** Inova Mount Vernon Hospital, 2nd Floor, Conf. Rm C., 2501 Parker's Lane, Alexandria, VA, 22306
- **LCSC:** Loudoun County Senior Center, 21060 Whitfield Place, Sterling, VA, 20165
- **WCC:** Westwood Country Club, 800 Maple Ave E, Vienna, VA, 22180

Mindfulness-Based Cancer Recovery Program for Women in Maintenance or Recently Out of Treatment

- **ILH-R, Wed, Oct 12-Nov 16***, 6:30-8pm
- *Mandatory meeting on Sep 28, 6:30-8pm
See description, on previous page. To register call Sandra Weller at 703-858-8466. There is no online registration for this class.

Endocrine (Hormone) Therapy and Breast Cancer: Breast Cancer and Nutrition

- **FO-AUD, Wed, Sep 14, 4:30-5:30pm**
- Dr. Mary Wilkinson will help to sort out all the claims online, in the news, and from your friends, to make the best decisions for your health.

Breast Surgery Preparation

- **IAH-CCC, Tue, Sep 20, 12:30-2pm**
- **FO-LWC, Wed, Sep 14 & 28, 12:30-2pm**
- **FC, Tue, Sep 20, 12-1:30pm**

Learn what you need to know before, during and after breast cancer surgery: node biopsy, managing drains and discomfort, bathing, moving comfortably, prostheses, undergarments, and more. Family/friends welcome. Registration required.

Breast Surgery Preparation and Rehab

- **ILH-PER, Thu, Sep 8, 12-1:30pm**
 - **ILH-PER, Tue, Sep 20, 4-5:30pm**
- If you are scheduled for a mastectomy or lumpectomy with reconstruction at Inova Loudoun Hospital, this educational class will help you prepare for surgery. You will receive an overview of what to expect from our oncology nurse navigator, physical and occupational therapists and oncology social worker. Registration is required; no exceptions. Family member may attend. Contact Christine Stone RN, MSN, OCN at 703-858-8867 or christine.stone@inova.org.

Look Good...Feel Better

- **FC, Mon, Sep 19, 7-9pm**
 - **FO-LWC, Mon, Sep 12, 4-6pm**
 - **ILH-R, Mon, Sep 12, 12-1:30pm**
 - **IAH-CCC, Mon, Oct 3, 6-8pm**
- A beauty professional will teach women in active treatment how to manage the appearance-related side effects of chemotherapy, radiation or other forms of treatment. First time registrants will receive a makeup kit. Family members/friends may not attend (sorry). Co-sponsored with the American Cancer Society, National Cosmetology Association and Personal Care Products Council. Registration is required.

Orientation to Life with Cancer

- **FC, Thu, Sep 8, 11:30am-12:30pm**
 - **FC, Thu, Sept 22, 6-7pm**
- Take a tour and learn about our many free programs, classes, groups and services for children and adults. Please register. Can't make a scheduled orientation? Call us at 703.206-5433 to arrange a personal tour.

Tools for Couples

- **FC, Wed, Oct 5-26, 7-8:30pm**
- During this four-week series, you can meet with other couples and learn tools for communicating, taking care of one another and managing stresses related to illness. Class size is limited. Please plan on attending all four sessions. For more information contact Drucilla at 703.698.2538 or drucilla.brethwaite@inova.org.

HEALTHY LIVING

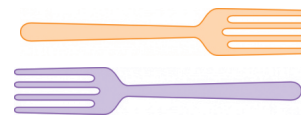
NUTRITION

Diet, Exercise and a Healthy You!

- **FC, Tue, Sep 13, 10:30-11:30am**
- Going through cancer treatments and getting back to "normal" can wreak havoc with one's appetite and activity level. Certified specialist in oncology nutrition and fitness expert Julie Thorsen, RD, will provide an overview of diet and physical activity recommendations for patients, survivors, and family members. Register 2 days in advance.

Fighting Cancer with A Fork

- **FO-RO, Tue, Sep 20, 12-1pm**
 - **IAH-CCW, Wed, Sep 14, 1-2pm**
- Deb Rowland, RD, CSO, dietitian and certified specialist in oncology nutrition will provide an overview of nutritional recommendations for cancer patients and survivors. Please register.



Sign up for weekly Life with Cancer Email News

How?

1. Go to www.lifewithcancer.org
2. Look for the Sign-up for Email News box.
3. Type your email in the Email window and click Submit.

FITNESS & YOGA

A note from our Director.



Dear LWC participants, We have some exciting opportunities and changes coming to our fitness

and yoga programs in 2017. With guidance from our fitness instructors, these changes will help you identify and better reach your fitness goals. No matter what your fitness level, these upcoming changes, supported by research, will help you launch into your life after cancer with a stronger body.

Keep an eye open for a letter from me with an update on the new fitness program structure.

Keep Moving,

Sage Bolte, PhD, LCSW, OSW-C, CST
Executive Director, Life with Cancer

Fitness for Wellness

If attending for the first time in 2016, bring a signed Participation Waiver (available online) to first class.

Level I instructor: Nancy Ryan, MA Ed, ACE.
Level II instructor: Jenny Townsend, ACE.

Fitness for Wellness, Level I

● 44084 RP, Mon, Sep 12-Oct 31, 10:30-11:30am

● 44084 RP, Wed, Sep 14-Oct 26, 10:30-11:30am

For those who are new to fitness, this class will help you to improve strength, flexibility and stamina and is appropriate for those with neuropathy, balance and low energy issues. Register for either or both classes.

Fitness for Wellness, Level II

● 44084 RP, Tue, Sep 13-Nov 1, 10:15-11:15am

● 44084 RP, Thu, Sep 15-Nov 3, 10:15-11:15am

This series is for people who have taken Level I and have been recommended to progress to Level II. We'll use a combination of standing and floor exercises to improve strength and endurance. Register for either or both classes.

Levels I-III Exercise classes are taught by ACSM certified Cancer Exercise Trainer, Susan Gilmore, MS. They must be taken in sequential order. If attending for the first time in 2016, bring a signed Participation Waiver (available online) to first class. Registration is required. Bring a water bottle. Questions? Contact susan.gilmore@inova.org.

Level I: Launching into Fitness

● FC, Tue, Sep 20-Oct 11, 1-1:45pm

This series will help to assess your fitness level, improve strength, flexibility and stamina. Two classes are required after which you may progress to Level II or higher. If you've had surgery within the last 6 weeks a note from your doctor is necessary before you may begin class. NO NEW REGISTRANTS AFTER September 27, 2016.

Level II: Chair-Based

● FC, Mon, Sep 19-Oct 24, 2-2:45pm

● FC, Wed, Sep 28-Oct 26, 2-2:45pm

LEVEL I EXERCISE IS A PREREQUISITE. This class is designed to increase mobility, build strength, flexibility and balance.

Level III: Keeping Fit

● FC, Mon, Sep 19-Oct 24, 3-4pm

PREREQUISITE: LEVELS I & II EXERCISE. You'll build strength, balance and flexibility while moving to energizing music in this cardio dance-based class. Instructor: Susan Gilmore, MS - ACSM Certified Cancer Exercise Trainer.

Circuit Training

● 44084 RP, Tue, Sep 13-Nov 1, 9-10am

● 44084 RP, Thu, Sep 15-Nov 3, 9-10am

Circuit Training is an approach to exercise that includes a number of exercise stations to target strength building, flexibility and balance. A "circuit" is one completion of all prescribed exercises. When one circuit is complete, one begins the first exercise again for the next circuit. You won't be bored doing circuit training! Registration is required. If attending for the first time in 2016, bring a signed waiver to first class. Instructor: Jenny Townsend, ACE.

Cross-Train Challenge

● FC, Wed, Sep 28-Oct 26, 3-3:45pm

If you crave variety this is the class for you! Fusing together different intensities and types of movement we'll keep your body guessing as you get stronger. You must be able to get up and down from the floor and be two months post-surgery. If attending for the first time in 2016, bring a signed waiver to first class. Instructor: Susan Gilmore, MS, ACSM.

Fundraiser!

Rock, Paper, Cocktails - Sip, Shop, Support!

● WCC, Sun, Sep 25, 6-9pm

Please join us at the 8th Annual Rock, Paper, Cocktails event at the Westwood Country Club in Vienna, VA. Proceeds benefit Life with Cancer and our friends at Amy's Army. Ticket price includes heavy hors d'oeuvres, sweet treats, two complimentary drink tickets, discounted cash bar, complimentary non-alcoholic beverages and access to over a dozen local fine gift vendors for your shopping pleasure! Advance ticket sales only. For more information and to purchase tickets go to: www.eventbrite.com/e/rock-paper-cocktails-2016-tickets-24319767078.

Dancing into Balance

● FC, Tue, Sep 6-Oct 11, 5:30-6:30pm

Letting music be the guide, explore rhythm, laughter, emotions and movement as you dance your way to improved well-being. Therapeutic dance and movement have been shown to improve quality of life and have the potential to enable individuals to reconnect with their bodies, improve balance and strength, decrease distress and build personal resources. Dress comfortably. Attendance for all classes encouraged. No experience necessary. Bring a signed waiver to first class. Class is led by Elizabeth DeSeigniant, Founder/Director of Onelight Dance and Michelle Ferretti, MSW.

Shape Up

● FC, Thu, Sep 22-Nov 10, 7:30-8:30pm

An interval class for beginner to intermediate students, focusing on cardiovascular fitness and functional compound movements for full body training of all major muscle groups. Bring a signed waiver to first class. Instructor: Health and Fitness Specialist, Assiatou Kama, MS.



Stronger Body After Cancer

●FO-LWC, Wed, Sep 7-Oct 26, 7-8pm

This class will help you build a stronger body during and after treatment, with the use of bands, medicine balls, light weights, and low impact exercises. Over the course of the series, you will build muscle, improve flexibility and learn the proper way to exercise. Exercises can be modified for all physical strengths and limitations. This class is for those currently in treatment or out of treatment within 2 years. Please no drop-ins after the first class as this is a progressive class with a goal of helping attendees improve in ability and knowledge each week. By the end of the series you should have gained substantial exercise knowledge enabling you to continue your healthy living in a gym or other fitness facility.

Zumba Gold

●44084 RP, Fri, Sep 16-Nov 4, 10:30-11:30am

Zumba combines slow and fast rhythms with resistance training, while toning the body and cardiovascular system. Adding some Latin flavor and enthusiasm to the mix can help lift your mood and improve your general wellbeing. This class can be modified for your level of activity. If attending for the first time please bring a signed waiver to first class.

Zumba

●FC, Tue, Sep 6-27, 7-8pm

Please register under "Zumba - Bilingüe/Bilingual". Zumba combines slow and fast rhythms with resistance training, while toning the body and cardiovascular system. Adding some Latin flavor and enthusiasm to the mix, it can help to lift your mood and improve your general sense of wellbeing. If attending for the first time in 2016, bring a signed waiver to first class.

YOGA

Gentle Yoga

●FC, Mon, Sep 19-Oct 3 and Oct 17-31*, 7-8:30pm *No class Oct 10

●FC, Thu, Sep 15-Oct 27, 1-2pm

●44084 RP, Mon, Sep 12-Oct 31, 7-8:30pm

●44084 RP, Tue, Sep 13-Nov 1, 11:30am-1pm

This class blends gentle movement, breathing and relaxation to increase stamina and flexibility while bringing a sense of calm. Learn movements that stretch, strengthen and relax muscles. Feel the benefits on every level of mind, body and spirit. Bring a blanket. Registration required. If attending for the first time in 2016, bring a signed waiver to first class.

Restorative Yoga

●FC, Fri, Sep 30-Oct 28, 10:15-11:30am

●44084 RP, Fri, Sep 16-Nov 4, 12-1:30pm

This class uses bolsters, blocks, and blankets to support the body so you can easily melt into a pose. Gentle stretches, breath work and guided meditation deepen your practice. Please bring a blanket. If attending for the first time in 2016, please bring a signed waiver to first class.

Yoga for Breast Cancer

●FC, Wed, Sept 14, 21* and Oct 5, 12, 5:30-6:45pm *No class Sept 28

Breast Cancer patients/survivors are invited to learn yoga poses designed especially for you! Wear comfortable clothing and bring a blanket and water bottle. Registration is required. Physician approval is required if you have had surgery within six weeks. If attending for the first time in 2016, bring a signed waiver to first class.

Yoga for Strength and Flexibility

●44084 RP, Wed, Sep 21-Nov 2, 5-6:30pm

Bring your yoga practice to a new level. This class will focus on strengthening your body and increasing flexibility. Bring a blanket. Registration required. If attending for the first time in 2016, bring a signed waiver to first class.

Yoga Nidra

●FO-LWC, Wed, Sep 14-Nov 16, 10-11:30am

This class is a blend of gentle and restorative Yoga stretches, breathing techniques, meditation and deep relaxation. The practices will help calm the nervous system, release and alleviate physical and emotional stress and anxiety restoring balance and calm, connecting us with our inner healing forces. Yoga Nidra can bring about deep healing, mental clarity, reduced levels of stress, and peace of mind. Class is open to all levels. Please bring a yoga mat, pillow and blanket. If attending for the first time in 2016, bring a signed waiver to first class.

PROGRAMAS EN ESPAÑOL

Latinos Unidos

●AFC, miércoles, 14 de septiembre, 6:30-8pm

Aprenderás técnicas y ejercicios para favorecer tu auto-sanación y crecimiento personal, manejar mejor el estrés y los efectos del tratamiento y mejorar tu calidad de vida. Todo esto en un ambiente de confianza, positivismo y amistad. Llamar a David McGinness al 703-698-2529 para mas informacion.

Luzca Bien...Siéntase Mejor

●FC, jueves, 15 de septiembre, 6-8pm

Programa de belleza gratuito para mujeres en tratamiento de quimioterapia y/o radioterapia. Una cosmetóloga les enseñará técnicas de maquillaje, cuidado de la piel, uso de pelucas y pañuelos, etc. Venga a fortalecer su espíritu y confianza en sí misma. Recibirás cosméticos personalizados. REGISTRACIÓN ES MANDATORIA vía nuestro sitio de Internet: www.lifewithcancer.org o llamando a Débora al 703-698-2539.

Zumba - Bilingüe/Bilingual

●FC, martes, 6-27 de septiembre, 7-8pm

Zumba es una fusión de ritmos latinos y pasos fáciles de seguir. Nuestro objetivo es simple: Queremos que hagas ejercicio, y que lo disfrutes. Incorpora rutinas de ritmos rápidos y lentos con ejercicios de resistencia, con esta combinación que tonifica el cuerpo, y el sistema cardiovascular. Para más información, llamar a 703-698-2526. Si está asistiendo por primera vez en 2016, favor de firmar un permiso antes de empezar la primera clase.

STRESS MANAGEMENT



Coming soon! A new Music Therapy Program is coming to our Fair Oaks location this fall. Look for details in our online calendar at www.lifewithcancer.org or contact Karen.Archer@

[innova.org](http://www.innova.org) or 703-391-3691.

Drumming for Well-Being

●FC, Mon, Sep 12 & 26, 10-11am

●44084 RP, Mon, Sep 12 & 26, 12-1pm

Therapeutic drumming can promote wellness and self-expression. It can boost the immune system, induce relaxation, reduce stress and increase focus and a sense of well-being. No experience necessary and all instruments are provided. Please register 24 hours in advance.

Healing through Art Therapy

●FC, Thu, Sep 15, 12:30-3pm

Experience the power of your creativity through art therapy, relaxation and guided imagery. This group provides opportunities for reflection and personal growth while creating with a variety of art media and approaches. This group is for those currently in treatment, out of treatment within 2 years, caregivers and bereaved within 2 years. Artistic ability is NOT required. Please register by the previous Tuesday.

Individual Instruction: The Art and Science of Journaling with Deborah Ross, LPC, CJT

Research has clearly established the power of Journaling/Expressive Writing to be a valuable tool when making sense of life's challenges and charting a course through the rough seas of transition. Deborah Ross, Licensed Professional Counselor (LPC), Certified Journal Therapist (CJT) and co-author of the book, "Your Brain on Ink," offers private instruction in the art and science of journaling. Drawing on a toolbox of 20+ techniques as well as the newer research in neurobiology, a customized plan can be created to match your goals and circumstances. For more contact Deborah Ross 703-969-2963, debrosslpc@gmail.com. There is a fee for this program.

Healing Touch

●44084 RP, Wed, Sep 14, 6-7pm

Healing Touch practitioners employ the hands, placed just above the body or with actual light touch, to influence the human energy system, specifically the energy field that surrounds the body, and the energy centers that control the flow from the energy field to the physical body. This non-invasive technique can clear, energize, and balance the human and environmental energy fields, thus affecting physical, mental, emotional and spiritual health. Dress comfortably and bring a sheet, blanket and pillow. Space is limited; registration is required.

Knitting and Crocheting Circle

●FC, Tue, Sep 6, 7-8:30pm

●FC, Fri, Sep 16, 1-2:30pm

Past, new, experienced and inexperienced participants are welcome to join us monthly on the first Tuesday and/or third Friday. Work on your own project or one to donate. All supplies will be provided. Please register.

Making Sense of Your Story

●FC, Wed, Sep 14, 12:30-2:30pm

Group continues for those already registered.

Meditation and Guided Imagery

●FC, Thu, Sep 15-Oct 27, 2-3pm

●FC, Wed, Sep 7, 3-4pm

Join us for a relaxing exploration of the power and benefits of meditation, a practice that can reduce stress and offer healing. Each weekly session begins with breath-work and a relaxation technique that leads into a guided meditation.

Mindfulness: Caring for the Mind and Body

●44084 RP, Thu, Sep 15-Nov 3, 11:30am-1pm

This class blends meditation, breath work and deep relaxation to release stress and restore balance. Through the reduction of stress you can generate emotional and physical healing. Registration is required. Please bring a blanket for your comfort.

Pickin' up Good Vibrations

●FC, Sat, Sep 24, 9am-1pm

Jenn Fay, Yoga and meditation instructor and Amy Conley, pianist and vocalist will provide a variety of experiential activities including: chanting with positive modern secular themes; Yogic toning; Meditation with singing bowls; drumming; free-form dance and opportunities to share and build community. Registration required.

MINI
RETREAT

Reiki for Relaxation

●FC, Mon, Sep 12, 6pm and 7pm

●FC, Wed, Sep 28, 6pm and 7pm

A level three certified Reiki practitioner will help you experience the benefits of this ancient practice involving the positioning of hands along the body to direct energy, release tension and discomfort, and enhance well-being. Dress comfortably and bring a blanket. Schedule your appointment online on or after the first business day of the month at 9:15 am. Please note: Registration opens on the first business day of the month at 9:15. Please schedule just one appointment per month so that others may take advantage of this opportunity. If you need to cancel your appointment please call 703-698-2534, ASAP or by the morning of your appointment, so that someone else can take your place. If you miss two appointments without prior notice we may need to refer you to Reiki practitioners in the community. We understand things happen from time to time and will certainly consider extenuating circumstances.

Reiki for Relaxation

●44084 RP, Thu, Sep 22, 6:45-8pm

A certified Reiki practitioner will help you experience the benefits of this ancient practice involving the positioning of hands along the body to direct energy, release tension and discomfort, and enhance well-being. Dress comfortably and bring a blanket.

Writing your Lifestories

●FC, Thu, Sep 8-29, 2:30-4pm

This 4 week series will give you an opportunity to capture some of your favorite

memories in writing, which you may want to share later with your loved ones. Writing experience is not necessary and all writing levels are welcome. Lynn Magrum, MSN, CANP, ACON will provide prompts and guidance to help make the experience easy and fun as well as meaningful. Attendance at all four sessions is expected and a total of at least 5 participants are needed to conduct this class.

Writing Your Memories

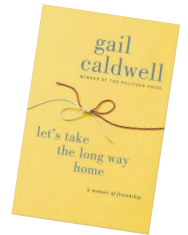
Monthly group will not meet in September.

Zentangle

●44084 RP, Tue, Sep 13, 1:30-3pm

Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. It increases focus and creativity, provides artistic satisfaction along with an increased sense of personal well-being. Take a mental vacation from cancer and enjoy the experience of Zentangle. All supplies will be provided, but if you have attended this class in the past, please bring your kits.

SUPPORT & NETWORKING



Book Club

●ILH-R, Wed, Sep 28, 6:30-8pm

Goodreads book review of *Let's take the Long Way Home*, states, "... gorgeous memoir by Pulitzer Prize winner Gail Caldwell, a testament to the power of friendship, a story of how an extraordinary bond between two women can illuminate the loneliest, funniest, hardest moments in life, including the final and ultimate challenge".

Book Club

●FO-RO, Tue, Oct 25, 6-7:30pm

Being Mortal by Atul Gawande is a recent book by this bestselling author, surgeon and professor. He shows us that the ultimate goal is not a good death but a good life - all the way to the very end.

Brain Tumor Group

●FC, Tue, Sep 13, 6-7:30pm

Adult patients and family members are invited to share and learn ways to meet the challenges of living with primary malignant or benign brain tumors at this monthly meeting.

NEW!

Breast Cancer Group

- FC, Wed, Sep 7, 5:30-7pm
- FC, Tue, Sep 27, 12-1:30pm
- IAH-CCW, Mon, Sep 19, 6-7:30pm
- FO-RO, Wed, Sep 14, 5:30-7pm
- ILH-R, Mon, Sep 26, 5-6:30pm
- IMVH-CC, Wed, Sep 14, 6-7:30pm*

These groups are for women newly diagnosed with stage 0-3 breast cancer, or are no more than 2 years out of active treatment. Join others who are sharing information, making decisions about treatment, and learning how to best navigate survivorship. Please register. * The IMVH group will feature a presentation by Dr. Yong Fu Shao, on the benefits of Acupuncture.

Young Women with Breast Cancer

- IAH-CCW, Tue, Sep 13, 6:30-8pm
- FC, Tue, Sep 20, 6:30-8pm

A group for women in their 20s, 30s and 40s with stages 0-3 breast cancer who are no more than 2 years out of active treatment. Meet with others to gather information and learn how to best navigate survivorship. If attending for the first time call, 703.698.2522.

Carcinoid Cancer Group

- FC, Sat, Sep 10, 10am-12pm

Meet with other carcinoid cancer patients and their adult loved ones to share experiences and learn from one another in this patient-led monthly meeting. For more information email mitchmberger@msn.com.

Caregiver Connection

- FO-LWC, Wed, Sep 14, 5:30-7pm
- FC, Mon, Sep 12, 7-8:30pm
- ILH-R, Mon, Sep 12, 6:30-8pm

Meet for ongoing support in dealing with the challenges of caring for a loved one with cancer. Learn coping strategies and information related to cancer and its treatments. Please register by preceding Monday.

Coalesce I: An Advanced Breast Cancer Group

- FC, Fri, Sep 2-30, Call for time

Meet weekly with women of all ages to share life's joys and sorrows. Prior screening is required as this is a closed group; please call facilitator, Shara Sosa, 703.698.2522.

Coalesce II: An Advanced Breast Cancer Group

- FC, Tue, Sep 27, 10:30am-12pm

Meet weekly with women of all ages to share life's joys and sorrows. Please register online.

Colorectal Cancer Group

- FC, Wed, Sep 14, 6:30-8pm

Ever feel like you need to get more information during your MD visits? Learn how to do just that. Based upon more than 30 years' experience in the field, Oncology Navigator and Nurse Practitioner, Lyn Magrum, MSN, C-ANP will share hints and techniques to show you how.



Colorectal Cancer Connect Group

- ILH-R, Wed, Sep 21, 6-7:30pm

Connect with patients, survivors and loved ones impacted by a colorectal cancer diagnosis to meet the challenges of treatment and survivorship.

Good Grief: Loss of a Spouse/ Partner

- ILH-R, Mon, Sep 12-Oct 31, 6:30-8:30pm

This eight-week series offers the opportunity to join with others who have experienced the loss of spouse/partner with cancer within the past two years to discuss and explore the grieving process, accepting and expressing emotions, dealing with children, family and friends, role and lifestyle changes and coping with special dates. Please complete and return the Good Grief Registration Form (available online) before class begins.

Good Grief

- FC, Tue, Sep 13-Nov 1, 7:15-9pm

This eight-week series offers the opportunity to join with others who have experienced the loss of a loved one with cancer within the past two years to discuss and explore the grieving process, accepting and expressing emotions, dealing with children, family and friends, role and lifestyle changes and coping with special dates. Please complete and return the Good Grief Registration Form (available online) before class begins.

Good Grief

- FO-LWC, Thu, Oct 6-Dec 1, 6-8pm

See description, above

GYN Cancers Group

- FO-LWC, Tue, Sep 20, 6:30-8pm

Women diagnosed with ovarian, cervical, and endometrial cancers are invited to drop in, share experiences, and learn from one another.

Gyn Cancers Group: Amethyst Jubilee!

- FC, Wed, Sep 21, 5:30-7:30pm

Please join us for the 11th Annual Amethyst Jubilee in honor of women with gynecological cancer. Dinner, speaker and a chance to socialize. Advance registration is required.

Head and Neck Cancers Group

- FC, Wed, Sep 14, 5:30-7pm

Current and former head and neck cancer patients and their significant others are invited to learn from and connect with one another.



Just for the Guys

- FC, Tue, Sep 27-Oct 18, 6:30-8pm

Cancer impacts relationships, work, self-image, and so much more – and some things are better kept between us guys. In this four-week series we will explore these themes and learn tools for coping. Join us in a place where you will be among brothers who truly understand. Facilitator: David McGinness, LCSW, OSW-C.

Leukemia and Lymphoma Support Group

- FC, Mon, Sep 19, 1-2:30pm

This support group is open to any patient with a leukemia/lymphoma diagnosis, and/or their caregivers, to help enhance coping and adjustment. Each month we will focus on a specific topic (e.g. coping with uncertainty, fear of recurrence, etc.) in addition to open discussion.

Living with Advanced Disease

- ILH-R, Mon, Sep 26, 6:30-8pm
- FO-RO, Thu, Sep 8 & 22, 1-2:30pm

Men and women are invited to join us as we explore and learn ways to learn to live with advanced cancer and the many questions and life decisions that come along with the diagnosis. Monthly registration is required.

Lung Cancer Group

- FC, Wed, Sep 7, 6:30-8pm

Join other patients, survivors, family members and friends to discuss the challenges of living with lung cancer and its treatments.

Melanoma Group Meeting

- FC, Thu, Sep 8, 6:30-8pm

Come for an evening of open discussion and networking. Please register.

Multiple Myeloma: Dr. Orloff

- FC, Tue, Sep 20, 11:45am-1:30pm

Gregory Orloff, MD, of Virginia Cancer Specialists and Co-Director of the Stem Cell Transplant Program in partnership with Inova Fairfax Hospital will address, "The Role of Transplant in Multiple Myeloma and Treatment Outcomes." Light lunch, please register.

Spirituality Quest: Green Spring Gardens

●GSG, Tue, Sep 13, 10:30am-12pm

Join us at Green Spring Gardens for our annual fall outing. Jeanne Evans, LPC will lead a discussion on the topic, "Ripening and Bearing Fruit: What Nourishes You to Bear Fruit?" Meet us at the picnic tables near the visitor parking lot. See greenspring.org for directions, or call 703-642-5173. Please register by the preceding day.

Us Too Prostate Cancer Support Group

●LCSC, Tue, Sep 13, 6-8pm

●IAH-CCW, Thu, Sep 15, 6-7:30pm

●FC, Tues, Sep 13, 7:30-9pm*

Please join our monthly group for an opportunity to share experiences and learn from one another. *FC meeting will feature guest speaker, Dr. Paul Steinberg, author of *A Salamander's Tale: My Story of Regeneration-Surviving 30 Years with Prostate Cancer*.

Women's Survivorship Group

●ILH-R, Thu, Sep 8, 6:30-8pm

Many women who have completed treatment find it difficult to resume life as they knew it prior to cancer. Through discussion, problem solving, art and other modalities, this group will help you gain insight and balance to your life after cancer.

Young Adult Group

●FC, Thu, Sep 22, 7:30-9pm

This is not your grandmother's support group. We talk about the things that no one else wants to talk about: dating, employment, fertility, and anything else that affects people in the 18-39 age range. Please register.

CHILDREN, TEENS, PARENTS

Curious about Cancer

●FC, Wed, Oct 5-Nov 9, 5:30-6:30pm

This group is for children 5-12 who have a loved one with cancer. Through age appropriate discussion, art therapy and meaningful activities children will learn ways to manage the emotions, challenges and many changes that often occur when someone in the family has cancer. To register or for more information contact Jean McCaw MA, ATR-BC, LCPAT Child & Adolescent Program Coordinator at 703-698-2537 or jean.mccaw@inova.org. No online registration.



Loss of a Child: Bereavement Support Group for Parents

●FC, Tue, Oct 4-Nov 29*, 6-7:30pm

*No group Nov 22

Many parents that have lost a child feel alone in their grief. This group will help to break down that isolation, bringing parents together to share their common sorrows and exceptional strengths in an environment of mutual respect, acceptance and support. Participants will find the opportunity for education, support and companionship. Please note: This series is for parents who have lost a child or teen to cancer within the last 2 years. We generally recommend a waiting period of three months before attending a bereavement support group. Individual counseling is available at Life with Cancer in the interim. Attendance at all 8 sessions is recommended as each group session builds on the previous group. For questions or to register, contact Rebecca McIntyre at rebecca.mcintyre@inova.org or call 703.698.2524. No online registration.

Oncology Massage and Body Work

Life with Cancer Family Center
8411 Pennell Street
Fairfax, VA 22031

Life with Cancer Studio
44084 Riverside Pkwy, LL, Ste 400
Leesburg, VA 20176

- Appointments are for patients/survivors and their family members
- Physician approval is required; ask for written permission at your next appointment
- To schedule or cancel your appointment:
In Fairfax call Fran Arnold, 703.851.0995 or Cindy Rocca, 703.598.4321
In Loudoun call Fran Arnold, 703.851.0995
- Arrive on time to get full session. First time: arrive 15 minutes early to complete paperwork; forms also available on www.lifewithcancer.org

Please Note: Our massage therapists have private practices and generously set aside time to meet the special needs of our Life with Cancer family. As a courtesy to these thoughtful professionals, please provide 24 hour notice if you need to cancel an appointment. We certainly understand the unpredictable nature of disease, however if committing to your massage appointments at Life with Cancer becomes problematic, we can refer you to massage businesses in the community.

Feeling a little overwhelmed? Life with Cancer can help...

A **Life with Cancer Oncology Nurse Navigator** is a professional registered nurse with oncology-specific clinical knowledge who can offer individualized assistance to patients, families, and caregivers to help overcome healthcare system barriers by providing education and identifying resources to facilitate informed decision making and timely access to quality health care.

A **Life with Cancer Oncology Therapist** is a licensed professional with oncology-specific knowledge who can offer short-term individual, couple or family counseling to provide strategies to better manage anxiety, stress, communication, and problem solving related to a cancer diagnosis, as well as bereavement counseling.

To determine if you or your family might benefit from these professionals, just call **Life with Cancer Connect 703-206-LIFE (5433)**.

Give A Little, Help A Lot

Yes, I understand that Life with Cancer is primarily community supported and I want to help!

I am enclosing the following gift:

\$250 \$100 \$50 Other _____

Name _____

Address _____ City _____ State _____ Zip _____

Phone # _____ Email _____

Please send your tax-deductible contribution to:

Life with Cancer Family Center • 8411 Pennell Street • Fairfax, VA 22031

SEPTEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
			1	2 Coalesce(FC) 3 4
5	6 1pm Mindfulness-Based . . . (cont'd) 5:30pm Dancing into Balance (FC) 7pm Knitting and Crocheting Circle (FC) 7pm Zumba - Bilingüe/Bilingual (FC) 7pm Zumba! (FC)	7 3pm Meditation and Guided Imagery (FC) 5:30pm Breast Cancer Group (FC) 6:30pm Lung Cancer Group (FC) 7pm Stronger Body After Cancer (FO-LWC)	8 11:30am Orientation (FC) 1pm Living with Advanced Disease (FO-RO) 12pm Breast Surgery Preparation (ILH-PER) 2:30pm Writing your Lifestories (FC) 6:30pm Women's Survivorship Group (ILH-R) 6:30pm Melanoma Group Meeting (FC)	9 Coalesce(FC) 10 10am Carcinoid Cancer Group (FC) 11
12 10am Drumming for Well-Being (FC) 10:30am Fitness for Wellness (44084 RP) 12pm Look Good...Feel Better (ILH-R) 12pm Drumming for Wellness (44084 RP) 4pm Look Good...Feel Better (FO-LWC) 6pm Reiki for Relaxation (FC) 6:30pm Caregiver Connection (ILH-R) 6:30pm Good Grief(ILH-R) 7pm Gentle Yoga (44084 RP) 7pm Caregiver Connection (FC) 7pm Reiki for Relaxation (FC)	13 9am Circuit Training (44084 RP) 10:15am Fitness for Wellness (44084 RP) 10:30am Diet, Exercise and a Healthy You! (FC) 10:30am Spirituality Quest (GSG) 11:30am Gentle Yoga (44084 RP) 1:30pm Zentangle (44084 RP) 5:30pm Dancing into Balance (FC) 6pm Us Too Prostate Cancer Support Group (LCSC) 6pm Brain Tumor Group (FC) 6:30pm Young Women with Breast Cancer (IAH-CCW) 7pm Zumba! (FC) 7:15pm Good Grief (FC) 7:30pm Us Too Prostate Cancer Support Group (FC)	14 10am Yoga Nidra (FO-LWC) 10:30am Fitness for Wellness (44084 RP) 12:30pm Making Sense of Your Story (FC) 12:30pm Breast Surgery Prep Class (FO-LWC) 1pm Fighting Cancer with a Fork (IAH-CCW) 4:30pm Breast Cancer and Nutrition (FO-AUD) 5pm Yoga for Strength and Flexibility (44084 RP) 5:30pm Yoga for Breast Cancer (FC) 5:30pm Caregiver Connection (FO-LWC) 5:30pm Head and Neck Cancers Group (FC) 5:30pm Breast Cancer Group (FO-RO) 6pm Breast Cancer Support Group (IMVH-CC) 6pm Healing Touch 44084 RP) 6:30pm Colorectal Cancer Group (FC) 6:30pm Latinos Unidos (AFC) 7pm Stronger Body After Cancer (FO-LWC)	15 9am Circuit Training (44084 RP) 10:15am Fitness for Wellness (44084 RP) 11:30am Mindfulness (44084 RP) 12:30pm Healing through Art Therapy(FC) 1pm Gentle Yoga FC) 2pm Meditation and Guided Imagery(FC) 2:30pm Writing your Lifestories (FC) 6pm Us Too Prostate Cancer Support Group (IAH-CCW) 6pm Luzca Bien...Siéntase Mejor (FC) 7pm Cancer and Your Cash (FC)	16 Coalesce I (FC) 10:15am Restorative Yoga (FC) 1pm Knitting and Crocheting Circle (FC) 17 18
19 10:30am Fitness for Wellness (44084 RP) 1pm Leukemia and Lymphoma Support Group (FC) 2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 6pm Breast Cancer Group (IAH-CCW) 6:30pm Good Grief (ILH-R) 7pm Gentle Yoga (44084 RP) 7pm Gentle Yoga (FC) 7pm Look Good...Feel Better (FC)	20 9am Circuit Training (44084 RP) 10:15am Fitness for Wellness, Lv. II (44084 RP) 11:30am Gentle Yoga (44084 RP) 11:45am Multiple Myeloma (FC) 12pm Fighting Cancer with A Fork (FO-RO) 12pm Breast Surgery Preparation(FC) 12:30pm Breast Surgery Prep (IAH-CCC) 1pm Level I Exercise: Launching into Fitness (FC) 4pm Breast Surgery Preparation (ILH-PER) 5:30pm Dancing into Balance (FC) 6:30pm Young Women with Breast Cancer (FC) 6:30pm Understanding Pain... (44084 RP) 6:30pm GYN Cancers Group (FO-LWC) 6:30pm Mindfulness-Based Cancer Recovery Mtg (FC) 7pm Zumba! (FC) 7:15pm Good Grief (FC)	21 9am Circuit Training (44084 RP) 10:15am Fitness for Wellness, Level II (44084 RP) 11:30am Mindfulness (44084 RP) 1pm Living with Advanced Disease (FO-RO) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 2:30pm Writing your Lifestories (FC) 6pm Orientation (FC) 6:45pm Reiki for Relaxation (44084 RP) 7pm Ask the Expert: Benefits of Acupuncture in Managing Side Effects (FC) 7:30pm Shape Up (FC) 7:30pm Young Adult Group (FC)	22 9am Circuit Training (44084 RP) 10:15am Fitness for Wellness, Level II (44084 RP) 11:30am Mindfulness (44084 RP) 1pm Living with Advanced Disease (FO-RO) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 2:30pm Writing your Lifestories (FC) 6pm Orientation (FC) 6:45pm Reiki for Relaxation (44084 RP) 7pm Ask the Expert: Benefits of Acupuncture in Managing Side Effects (FC) 7:30pm Shape Up (FC) 7:30pm Young Adult Group (FC)	23 Coalesce (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga (44084 RP) 24 9am Mini Retreat (FC) 25 6pm Rock, Paper, Cocktails (WCC)
26 10am Drumming for Well-Being (FC) 10:30am Fitness for Wellness (44084 RP) 12pm Drumming for Wellness (44084 RP) 2pm Level II Exercise: Chair-Based (FC) 3pm Level III Exercise: Keeping Fit (FC) 5pm Breast Cancer Group (ILH-R) 6:30pm Good Grief (ILH-R) 6:30pm Living with Advanced Disease (ILH-R) 7pm Gentle Yoga (FC) 7pm Gentle Yoga (44084 RP)	27 9am Circuit Training (44084 RP) 10:15am Fitness for Wellness, Level II (44084 RP) 10:30am Coalesce II (FC) 11:30am Gentle Yoga (44084 RP) 12pm Breast Cancer Group (FC) 1pm Level I Exercise: Launching into Fitness (FC) 5:30pm Dancing into Balance (FC) 6:30pm Just for the Guys (FC) 7pm Zumba! (FC) 7:15pm Good Grief (FC)	28 10am Yoga Nidra, (FO-LWC) 10:30am Fitness for Wellness (44084 RP) 12:30pm Breast Surgery Preparation (FO-LWC) 2pm Level II Exercise: Chair-Based (FC) 3pm Cross-Train Challenge (FC) 5pm Yoga for Strength and Flexibility (44084 RP) 6pm "Someone You Love" Screening (FC) 6pm Reiki for Relaxation (FC) 6:30pm Book Club (ILH-R) 6:30pm Mindfulness-Based Cancer Recovery Mtg (FC) 7pm Stronger Body After Cancer (FO-LWC) 7pm Reiki for Relaxation (FC)	29 9am Circuit Training (44084 RP) 10:15am Fitness for Wellness, Level II (44084 RP) 10:30am Chemobrain (FC) 11:30am Mindfulness (44084 RP) 1pm Gentle Yoga (FC) 2pm Meditation and Guided Imagery (FC) 2:30pm Writing your Lifestories (FC) 7:30pm Shape Up (FC)	30 Coalesce(FC) 10:15am Restorative Yoga (FC) 10:30am Zumba Gold (44084 RP) 12pm Restorative Yoga(44084 RP)